

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Walk 1 min Easy run for 3 min x6 = 24 min	OFF	Walk 1 min Easy run for 3 min x6 = 24 min	Easy walk 30 min	Walk 1 min Easy run for 3 min x6 = 24 min	OFF	30-45 min easy walk/run
Week 2	Walk 1 min Easy run for 4 min x5 = 25 min	OFF	Walk 1 min Easy run for 4 min x5 = 25 min	Easy walk 30-45 min	Walk 1 min Easy run for 4 min x5 = 25 min	OFF	45 min easy walk/run
Week 3	Walk 1 min Easy run for 5 min x6 = 30 min	OFF	Walk 1 min Easy run for 5 min x6 = 30 min	Easy walk 45 min	Walk 1 min Easy run for 5 min x6 = 30 min	OFF	45-60 min easy walk/run
Week 4	Walk 1 min Easy run for 6 min x5 = 35 min	OFF	Walk 1 min Easy run for 6 min x5 = 35 min	Easy walk 30 min	Walk 1 min Easy run for 6 min x5 = 35 min	OFF	60 min easy walk/run
Week 5	Walk 1 min Easy run for 7 min x5 = 40 min	OFF	Walk 1 min Easy run for 7 min x5 = 40 min	Easy walk 30-45 min	Walk 1 min Easy run for 7 min x5 = 40 min	OFF	60 min easy walk/run
Week 6	Walk 1 min Easy run for 8 min x5 = 45 min	OFF	Walk 1 min Easy run for 8 min x5 = 45 min	Easy walk 45 min	Walk 1 min Easy run for 8 min x5 = 45 min	OFF	60-90 min easy walk/run
Week 7	Walk 1 min Easy run for 9 min x5 = 50 min	OFF	Walk 1 min Easy run for 9 min x5 = 50 min	Easy walk 45 min	Walk 1 min Easy run for 9 min x5 = 50 min	OFF	60-90 min easy walk/run
Week 8	Walk 1 min Easy run for 9 min x5 = 50 min	OFF	Walk 1 min Easy run for 9 min x5 = 50 min	Easy walk 45 min	Walk 1 min Easy run for 9 min x5 = 50 min	OFF	90 min easy walk/run
Week 9	Walk 1 min Easy run for 10 min x5 = 55 min	OFF	Walk 1 min Easy run for 10 min x5 = 55 min	Easy walk 45 min	Walk 1 min Easy run for 10 min x5 = 55 min	OFF	90 min easy walk/run
Week 10	Walk 1 min Easy run for 10 min x5 = 55 min	OFF	Walk 1 min Easy run for 10 min x5 = 55 min	Easy walk 45 min	Walk 1 min Easy run for 10 min x5 = 55 min	Running Event	90 min easy walk/run